

A MANTRA TO LIVE BY

“MAY I BE HAPPY”

“MAY I BE FILLED WITH PEACE, LOVE AND COMPASSION TOWARDS MYSELF
AND ALL WHO CROSS MY LIFE’S PATH”

“MAY I BE KIND TO MYSELF AND ALL OTHERS”

“MAY I ACCEPT MYSELF AND OTHERS UNCONDITIONALLY”

“MAY I WISH SAFETY, HEALTH. LOVE AND PEACE FOR MYSELF, MY FELLOW
MAN AND ALL LIVING CREATURES”

“MAY I ALLOW LOVE TO FLOW TO ME AND FLOW THROUGH ME”

“MAY I WISH MYSELF AND ALL LIVING THINGS TO BE FREE OF PAIN
AND PHYSICAL DISTRESS”

TO YOUR THOUGHTFUL SELF SAY!

REPROACH NO ONE. HOLD A GRUDGE AGAINST NO ONE.

BEAR MALICE AGAINST NO ONE. BE WISE, BE TOLERANT.

BE CONSIDERATE. BE POLITE AND KIND TO ALL. WATCH YOUR THOUGHTS;

THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS.

WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS;

THEY BECOME CHARACTER. WATCH YOUR CHARACTER FOR IT BECOMES

YOUR DESTINY.

MAY GOD GRANT US PEACE, LOVE, KINDNESS AND ENLIGHTENMENT